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*Welcome to the 9th issue, Volume 3, of **InfiniSynechis**, a monthly publication of Fearless Hearts Foundation*

Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

The Fundamental Things

[The Legend Of The Phoenix And The Concept Of Time](#)

According to legends, the phoenix is a mythical bird which every 500 years burns itself and arises from its ashes once again.

The Greeks associated the phoenix with the sun, and thus the phoenix rising signifies rebirth and regeneration, a cleansing of the past and a new beginning.



Image by Diafora - Own work, CC BY-SA

3.0, <https://commons.wikimedia.org/w/index.php?curid=14705093> [1]

Time as a Concept

Time as we use it is the result of a collective agreement on how to measure it. Furthermore, we cannot pinpoint time as it is only a measure of intervals between two processes or events..

“Time has no physical properties to measure. What we are really measuring is time intervals, the duration separating two events.” [2]

“We can measure time intervals — the duration between two events — most accurately with atomic clocks. These clocks produce electromagnetic radiation, such as microwaves, with a precise frequency that causes atoms in the clock to jump from one energy level to another. Cesium atoms make such quantum jumps by absorbing microwaves with a frequency of 9,192,631,770 cycles per second, which then defines the international scientific unit for time, the second.” [2]

Ordinarily we divide time as being past, present and future.

The past and why we cling to it

Human beings have an attachment to people, things, places, events, memories, ideas.

The past and our attachment to it is our anchor to who we think we are, our sense of self which is so relative to everyone and everything around us.

So we say we are the son or daughter of so and so, we were educated in so and so. But what if we let go of all those definitions?

It is as if when we let go of the anchor we would float in space and fade away and we are all afraid of that. We might not know who we are anymore.

We honor the past because everything in the past brought us to where we are now. We are a product of the past and everything that has happened before, not just from our blood ancestors but from all of humanity and its interactions with the world around it, through eons.

“What has been can then never not have been: this mysterious and profoundly obscure mystery of having lived will henceforth accompany it for eternity.”

~ Vladimir Jankélévitch, Irreversibility and Nostalgia [5]

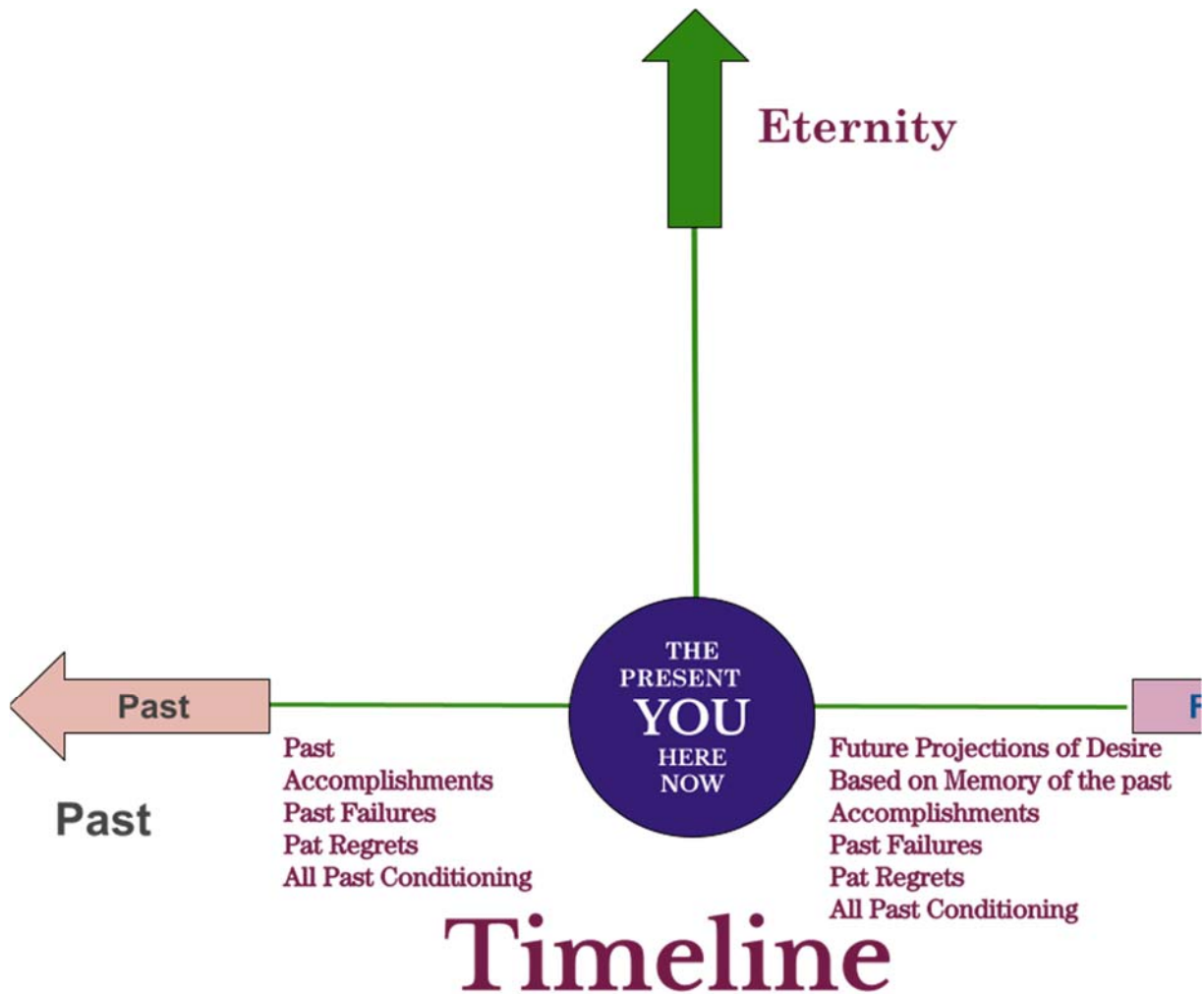
The Future

We create the future in our minds to make better what we had experienced in the past. Look at your future plans. You will find that these are : a bigger house, more money, more fame, more prestige. The other name for desire is “more”.

Only humans speculate and plan for the future. This is because we identify ourselves with our minds.

Animals eat when they are hungry, trees never know when they will get rains and flowers bloom regardless of whether there is anyone there to appreciate them or not.

The Present, the Zero point



Where the past, present and future intersect is the Zero point.

The present is our gateway to eternity. It is the vertical line that crosses the horizontal line of time. It is not part of the timeline. Hence the mystics and the masters emphasize the importance of being present, in this moment.

Have you ever experienced “losing track of time?”

This is the essence of being present , being in the here and now (herenow)

In the herenow (designating the inseparability of space and time), when one can be totally absorbed in the moment, great works of art, poetry and music are brought to existence. In those moments of complete absorption in the work, the masters merely act as an extension of the cosmic dance.

It is what Mihaly Csikszentmihalyi [3] describes in his book Flow: The Psychology of Optimal Experience [4]

One does not have to be a great composer, writer, poet, painter to be absorbed in the moment.

As long as one does any act completely, fully, then it is as if we are the phoenix burning ourselves to ashes through our action.

When we are able to be fully in the present, then it is as if we are the phoenix rising, not every 500 years, but moment by moment, breath by breath.

Vladimir Jankélévitch (French: [ʒãkelevitʃ]; 31 August 1903 – 6 June 1985) was a French philosopher and musicologist.

References

1. Phoenix (mythology) [https://en.wikipedia.org/wiki/Phoenix_\(mythology\)](https://en.wikipedia.org/wiki/Phoenix_(mythology))
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4. Csikszentmihalyi, Mihaly (1990). Flow: The Psychology of Optimal Experience. New York: Harper and Row. ISBN 0-06-092043-2
5. Does the past still exist somewhere? By Étienne Klein
<https://www.cea.fr/english/lists/staticfiles/clefs/science-history/does-the-past-still-exist-somewhere.html>
6. Vladimir Jankélévitch https://en.wikipedia.org/wiki/Vladimir_Jank%C3%A9l%C3%A9vitch

Suggested Reading :

On Retrocausality

Quantum time machine: How the future can change what happens now

The idea that the future can influence the past may finally explain the inherent randomness of quantum theory and bring it in line with Einstein's space-time

<https://www.newscientist.com/article/mg23731652-800-quantum-time-machine-how-the-future-can-change-what-happens-now/>

This article is published in the foundation blog

<https://fearlessheartsfoundation.org/fhf-blog/the-legend-of-the-phoenix-and-the-concept-of-time>

It can also be downloaded here

download pdf

The Legend Of The Phoenix And The Concept Of Time for InfiniSynechis Volume 3 Issue

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<https://drive.google.com/file/d/1tLMm1ndrAGZ597bHth1HKpFNcTbM7ohD/view?usp=sharing>

Philanthropy

Notable Philanthropists:

In a rural area in a developing country, a mother sends her daughter who comes home for lunch every day, back to school to her teacher with a bowl of hot soup in

a container before her own lunch. The teacher had to travel many miles to get to school and almost always ate cold lunches.

Business Insights*

Fundamentals of Being in Business

We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.

<https://fearlessheartsfoundation.com>

About employer-employee relationship: A Zen Story

The four kinds of horses

“It is said that there are four kinds of horses: excellent ones, good ones, poor ones, and bad ones. The best horse will run slow and fast, right and left, at the driver’s will, before it sees the shadow of the whip; the second best will run as well as the first one does, just before the whip reaches its skin; the third one will run when it feels pain on its body; the fourth will run after the pain penetrates to the marrow of its bones. You can imagine how difficult it is for the fourth one to learn how to run! ~ Shunryū Suzuki in "Zen Mind, Beginner's Mind"

The classic story refers to the different students of Zen, but it can be adapted by business leaders as well. The middle managers will inevitably meet some of his employers which can be categorized as one of those horses. However, as the Zen master looks at all of his students with the eye of equanimity, so should someone who has a higher position than others do.

Business Ideas:

Sometimes it is better to wait for the inspiration to come before taking any action. Sometimes, it is better to sit and be still.

When inspiration comes, then you can take action and that action will be the best for the situation

Commentary: Some stories need re-telling

In 1923, at the Edgewater Beach Hotel in Chicago, nine people met..

the president of America's largest steel company, (Charles Schwab)

the president of America's largest utility company, (Samuel Insull)

the president of America's largest gas company, (Howard Hobson)

the president of the New York Stock Exchange, (Richard Whitney)

the president of the Bank of International Settlements, (Leon Fraser)

the nation's greatest wheat speculator, (Arthur Cutten)

the nation's greatest bear and speculator on Wall Street, (Jesse Lauriston Livermore)

the head of the world's greatest monopoly (Ivar Kreuger, the "Match King")

a member of President Harding's cabinet (Albert Fall)

By all outward appearances , these men were at the pinnacle of success.

What happened 25 years later is the stuff of legends..

To read more, see below:

The Nine Financiers, a Parable About Power

Joshua Brown

Jul 25, 2012, 04:59pm EDT

<https://www.forbes.com/sites/joshuabrown/2012/07/25/the-nine-financiers-a-parable-about-power/>

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Fundraising Announcement

Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the weblink below

<https://fearlessheartsfoundation.org/donate>

Feedback

We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for review.

You can download the pdf file of this newsletter [here](#)

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